

What is claimed is:

1. An apparatus for pulling line through a raceway, the apparatus comprising:

a plurality of interconnected retainer portions each having a one-way locking passage therethrough adapted to retain the line; and

an attachment portion positioned on an end of the plurality of interconnected retainer portions.
2. The apparatus of claim 1, wherein the plurality of interconnected retainer portions is sized to fit within the raceway.
3. The apparatus of claim 1, wherein the plurality of interconnected retainer portions forms a single body.
4. The apparatus of claim 3, wherein the single body is flexible.
5. The apparatus of claim 1, wherein the plurality of interconnected retainer portions each has a convex upper edge about an entrance to the one-way locking passages.
6. The apparatus of claim 1, wherein the plurality of interconnected retainer portions has a planar lower edge at an exit of the one-way locking passage.
7. The apparatus of claim 1, wherein the one-way locking passages are positioned parallel to one another.
8. The apparatus of claim 1, wherein at least one one-way locking passage of the plurality of interconnected retainer portions has the line positioned therethrough and retained.

9. The apparatus of claim 1, wherein the line is releasably secured with tape to other interconnected retainer portions than the interconnected retainer portion retaining the line.

10. The apparatus of claim 1, wherein an entrance to the one-way locking passages faces toward a trailing end of the plurality of interconnected retainer portions.

11. The apparatus of claim 1, wherein the one-way locking passages are sized to receive the line.

12. The apparatus of claim 1, wherein hinges connect the plurality of interconnected retainer portions to one another.

13. The apparatus of claim 12, wherein the hinges are positioned between the plurality of interconnected retainer portions at the base of the plurality of interconnected portions.

14. An apparatus for pulling line through a raceway, the apparatus comprising:

locking means for securing the line in one direction;

retaining means for housing the locking means; and

attachment means for connecting the retaining means to a fish tape.

15. The apparatus of claim 14, wherein the locking means is sized to receive the line.

16. The apparatus of claim 14, wherein the retaining means is sized to fit within the raceway.

17. The apparatus of claim 14, wherein the attachment means is sized to fit within the raceway.

18. A method of pulling line through a raceway, the method comprising:
pushing the line through a one-way locking passage housed in a retainer;
attaching an attachment portion of the retainer to an end of a fish tape; and
pulling the fish tape through the raceway.

19. The method of claim 18, further comprising affixing multiple lines to separate one-way locking passages.

20. The method of claim 18, further comprising securing the line along a length of the line to other retainers.